

ARMY PERFORMANCE TRIAD RECIPE COMPETITION RECIPE INFORMATION TEMPLATE

Name: _____ **Phone #:** _____

Rank/Title: _____ **E-mail:** _____

I understand that my Name and Recipe may be published on the BJACH page and in the Fort Polk Guardian. By signing I certify that this is an original recipe and is not plagiarized from another source.

(signature) _____ **Date:** _____

Name of Recipe:	
Total Servings:	
Serving Size: (cups, oz, etc)	
Estimated Prep time:	
Estimated Cook time:	
Ingredients: (Be sure to include specific ingredients and amounts)	
Directions:	1
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What does this recipe mean to you? How does this recipe promote health and good nutrition?	